

Protect your health. Prevent disease.

more Eat fruits & veggies... *more does matter!*

Why More?

Eating more fruits and veggies everyday – at every meal and for snacks – does matter to your health and can help protect the body from disease. Research supports that individuals eating more fruits and vegetables - as part of a healthy diet - are more likely to have reduced risk of heart disease, stroke, diabetes, and some cancers. Additionally, eating more fruits and vegetables instead of high-fat and high-calorie foods may make it easier to achieve and maintain a healthy weight.

How Much More?

Every small step toward eating more fruits and vegetables counts! And all forms of fruits and vegetables count – fresh, frozen, canned, dried, and 100% juice. Use the following chart to know the amount you need each and every day:

Women		
Age	Fruits	Vegetables
19 - 30	2 cups	2.5 cups
31 - 50	1.5 cups	2.5 cups
51+	1.5 cups	2 cups

Men		
Age	Fruits	Vegetables
19 - 50	2 cups	3 cups
51+	2 cups	2.5 cups

Girls		
Age	Fruits	Vegetables
2 - 3	1 cup	1 cup
4 - 8	1 cup	1.5 cups
9 - 13	1.5 cups	2 cups
14 - 18	1.5 cups	2.5 cups

Boys		
Age	Fruits	Vegetables
2 - 3	1 cup	1 cup
4 - 8	1.5 cups	1.5 cups
9 - 13	1.5 cups	2.5 cups
14 - 18	2 cups	3 cups

These amounts are for less active people. Visit www.fruitsandveggiesmatter.gov to see the amounts needed by more active people.

One cup refers to a common measuring cup (the kind used in recipes). In general, 1 cup of raw or cooked vegetables or 2 cups of raw leafy greens can be considered as 1 cup from the vegetable group. One cup of fresh or canned fruit or ½ cup of dried fruit can be considered as 1 cup from the fruit group. Go easy on 100% fruit juice. While 100% juice can count towards your intake, the majority of your choices should be whole or cut-up fruits (fresh, frozen, canned, or dried). These fruit choices are better options because they contain dietary fiber. ½ cup (4 fluid ounces) of 100% fruit juice does count as ½ cup of fruit in meeting your requirements.



A Rainbow of Color

To get a healthy variety, think color. Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients, like fiber, folate, potassium, and vitamins A and C. Some examples include green spinach, orange sweet potatoes, black beans, yellow corn, purple plums, red watermelon, and white onions. For more variety, try new fruits and vegetables regularly.

Lead the Way!

Be a leader in making the healthy choice easier for yourself, your family and your community. Eating more fruits and veggies is an easy choice when they are available, affordable, convenient, and taste great. Take time at home, at work, and in your community to support healthy eating. Here are some suggestions:

Home	<ul style="list-style-type: none">• Keep fruits and veggies always available - in arms reach• Plant a garden• Get family members involved in picking out and preparing the fruits and veggies
School	<ul style="list-style-type: none">• Suggest a fruit and vegetable fundraising event• Plant or organize a school garden• Join (or start) a school wellness team to address fruit and veggie access and promotion where ever food is sold/offered at school
Work	<ul style="list-style-type: none">• Assist in establishing "Healthy Meeting Guidelines" for work events to include fruits and vegetables whenever food is served• Ask for more fruit and vegetable options in your worksite cafeteria or vending• Join (or start) a worksite wellness group to address fruit and veggie access and promotion where ever food is sold/offered in the work place
Community	<ul style="list-style-type: none">• Visit your local farmers market regularly• Encourage healthy food at community events and functions• Request more fruits and vegetables at your grocery or convenience store

Optimize your Health

Eating fruits and vegetables is one of six national strategies supported by research to protect health and prevent disease. The other strategies include, being physically active, breastfeeding, drinking less sugar-sweetened beverages, reducing food portions, and watching less TV. To learn more, visit: www.dhhs.ne.gov/nafh

Resources

www.fruitsandveggiesmatter.gov
www.fruitsandveggiesmorematters.org

